

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2022
Organizator: GOKSiT Polańczyk
Data: 2022-10-22
Miejsce: Polańczyk
Dystans: 6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	WILKOS Mateusz	177	NIEMCE TEAM	M-30	1	00:11:16	00:23:02.25		3:50	15.6 (100%)
2	KIPER Maciej	69	JAROSŁAWSKI BIEGACZ	M-40	1	00:11:16	00:23:17.20	+00:00:14 (1.1%)	3:52	15.5 (99.4%)
3	JAKUBIK Marcin	58	MKS HALICZ	M-30	2	00:11:42	00:24:15.35	+00:01:13 (5.0%)	4:02	14.8 (94.9%)
4	GUT Jacek	49	BLACK JACK TEAM	M-30	3	00:11:45	00:24:16.35	+00:01:14 (5.1%)	4:02	14.8 (94.9%)
5	WIERSZBICKI Janusz	176	SIENIAWA	M-30	4	00:11:41	00:24:29.60	+00:01:27 (5.9%)	4:04	14.7 (94.2%)
6	SZMIST Jarosław	159	KB ATHLETIC ZRECIN	M-40	2	00:11:51	00:25:06.85	+00:02:04 (8.3%)	4:11	14.3 (91.7%)
7	KLATKA Kamil	71	ATHLETIC ZRĘCIN	M-30	5	00:12:13	00:25:13.90	+00:02:11 (8.7%)	4:12	14.3 (91.7%)
8	BURY Maro	21	MTB CZUDEK	M-40	3	00:12:10	00:25:19.20	+00:02:16 (9.0%)	4:13	14.2 (91.0%)
9	CISEK Andrzej	28	RZESZOWSKIE GAZELE I GEPARDY	M-40	4	00:12:33	00:25:21.90	+00:02:19 (9.2%)	4:13	14.2 (91.0%)
10	WEREMKO Grzegorz	172	MULTIMEDIA RUNNERS PUŁAWY	M-40	5	00:12:32	00:25:33.05	+00:02:30 (9.8%)	4:15	14.1 (90.4%)
11	JANAS Marcin	59		M-40	6	00:12:31	00:25:48.65	+00:02:46 (10.7%)	4:18	14 (89.7%)
12	NIEDZIELSKI Dariusz	115	AKTYWNY DYNÓW	M-40	7	00:12:32	00:25:50.15	+00:02:47 (10.8%)	4:18	13.9 (89.1%)
13	PIETRASIEWICZ Maciej	133	KRESOWIANIE	M-30	6	00:12:38	00:26:12.05	+00:03:09 (12.1%)	4:22	13.7 (87.8%)
14	BANASIK Krzysztof	7	KAŃCZUCKA GRUPA BIEGOWA	M-40	8	00:12:34	00:26:33.10	+00:03:30 (13.2%)	4:25	13.6 (87.2%)
15	KACZMARSKI Grzegorz	65	KACZMARSKI TEAM / K&O TEAM	M-30	7	00:13:06	00:26:40.40	+00:03:38 (13.6%)	4:26	13.5 (86.5%)
16	JACHIMOWSKI Jarosław	57	SANOK BIEGA	M-30	8	00:12:52	00:26:45.00	+00:03:42 (13.9%)	4:27	13.5 (86.5%)
17	ŁAKOMY Tomasz	89	KRESOWIANIE	M-30	9	00:12:55	00:26:51.50	+00:03:49 (14.2%)	4:28	13.4 (85.9%)
18	ROMAN Krzysztof	143	KOZACKI TEAM HŁOMCZA	M-30	10	00:12:52	00:26:54.90	+00:03:52 (14.4%)	4:29	13.4 (85.9%)
19	RÓG Piotr	146	RZESZOWSKIE GAZELE I GEPARDY	M-40	9	00:13:28	00:27:13.05	+00:04:10 (15.4%)	4:32	13.2 (84.6%)
20	BERNAT Tomasz	13		M-40	10	00:12:53	00:27:14.10	+00:04:11 (15.4%)	4:32	13.2 (84.6%)
21	JASTRZĄB Piotr	62	DEKAN LESKO	M-50	1	00:13:29	00:27:18.25	+00:04:16 (15.6%)	4:33	13.2 (84.6%)
22	KOBYLARZ Piotr	73	RZESZOWSKIE GAZELE I GEPARDY	M-30	11	00:12:57	00:27:22.80	+00:04:20 (15.9%)	4:33	13.2 (84.6%)
23	MACIEJKO Rafał	93	KRESOWIANIE	M-40	11	00:13:06	00:27:24.70	+00:04:22 (16.0%)	4:34	13.1 (84.0%)
24	DELEŻUCH Wojciech	34	POZIOMKI	M-40	12	00:13:27	00:27:30.30	+00:04:28 (16.2%)	4:35	13.1 (84.0%)
25	PASTERZ Piotr	131		M-30	12	00:13:15	00:27:32.10	+00:04:29 (16.3%)	4:35	13.1 (84.0%)
26	KOT Łukasz	76	RZESZOWSKIE GAZELE I GEPARDY	M-40	13	00:13:18	00:27:41.00	+00:04:38 (16.8%)	4:36	13 (83.3%)
27	STADNYK Janusz	156	KOZACKI TEAM HŁOMCZA	M-16	1	00:13:10	00:27:45.25	+00:04:43 (17.0%)	4:37	13 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	BUSZ Jacek	22	STAJNIA BALONA/OLD SCHOOL TRAIL RUNNING	M-30	13	00:13:05	00:27:51.25	+00:04:49 (17.3%)	4:38	12.9 (82.7%)
29	KURZYDŁO Michał	84	WAR TEAM	M-16	2	00:13:37	00:27:53.20	+00:04:50 (17.4%)	4:38	12.9 (82.7%)
30	PEŁDIAK Mateusz	132	DZIKIE ŚWINKI	M-30	14	00:13:19	00:27:53.95	+00:04:51 (17.4%)	4:38	12.9 (82.7%)
31	OCHYRA Konrad	90	SOLINA TEAM	M-30	15	00:13:27	00:28:00.30	+00:04:58 (17.7%)	4:40	12.9 (82.7%)
32	GRUSZCZYŃSKI Romuald	48	KRESOWIANIE	M-30	16	00:13:39	00:28:07.40	+00:05:05 (18.1%)	4:41	12.8 (82.1%)
33	SOCHA Krzysztof	154	RZESZOWSKIE GAZELE I GEPARDY	M-30	17	00:13:42	00:28:16.05	+00:05:13 (18.5%)	4:42	12.7 (81.4%)
34	OGŁUSZKA Michał	121	RZESZOWSKIE GAZELE I GEPARDY	M-30	18	00:13:53	00:28:30.55	+00:05:28 (19.2%)	4:45	12.6 (80.8%)
35	BRYŁA-CRUZ Agnieszka	19	AKM PROMILEK	K-40	1	00:13:52	00:28:31.40	+00:05:29 (19.2%)	4:45	12.6 (80.8%)
36	RACHWAŁSKI Tomasz	138	BŁĘKITNI ŻEGLCE	M-50	2	00:13:46	00:28:34.10	+00:05:31 (19.4%)	4:45	12.6 (80.8%)
37	BANASIK Monika	8	KĄNCZUCKA GRUPA BIEGOWA	K-30	1	00:13:30	00:28:39.75	+00:05:37 (19.6%)	4:46	12.6 (80.8%)
38	ANTOSZ Bogdan	3	SIENIAWA	M-50	3	00:13:41	00:28:40.50	+00:05:38 (19.7%)	4:46	12.6 (80.8%)
39	ŚLIWA Anna	164	KRESOWIANIE	K-40	2	00:13:40	00:28:40.60	+00:05:38 (19.7%)	4:46	12.6 (80.8%)
40	RÓG Dorota	145	RZESZOWSKIE GAZELE I GEPARDY	K-40	3	00:13:46	00:28:53.35	+00:05:51 (20.3%)	4:48	12.5 (80.1%)
41	ŚCIUBA Tomasz	163		M-40	14	00:13:51	00:28:55.60	+00:05:53 (20.4%)	4:49	12.4 (79.5%)
42	GAWORECKI Tomasz	45	SANOK BIEGA	M-40	15	00:13:58	00:29:01.85	+00:05:59 (20.6%)	4:50	12.4 (79.5%)
43	RYCAK Andrzej	148	NJNSABAUDY	M-50	4	00:14:06	00:29:07.15	+00:06:04 (20.9%)	4:51	12.4 (79.5%)
44	ZATOR Janusz	184	DĘBICKIE GEPARDY	M-50	5	00:13:57	00:29:15.60	+00:06:13 (21.3%)	4:52	12.3 (78.8%)
45	KRAKOWIAN Marek	81	JEST LEPIEJ RUN TEAM	M-30	19	00:14:44	00:29:20.75	+00:06:18 (21.5%)	4:53	12.3 (78.8%)
46	GAJEK Magdalena	43	AKM PROMILEK	K-40	4	00:14:46	00:29:41.55	+00:06:39 (22.4%)	4:56	12.1 (77.6%)
47	GAJEK Grzegorz	44	AKM PROMILEK	M-40	16	00:14:44	00:29:42.30	+00:06:40 (22.4%)	4:57	12.1 (77.6%)
48	KOZŁOWSKI Sylwester	80	KOZACKI TEAM HŁOMCZA	M-30	20	00:14:22	00:29:44.95	+00:06:42 (22.6%)	4:57	12.1 (77.6%)
49	KŁÓSEK Paweł	72	DĘBICKIE GEPARDY	M-40	17	00:14:29	00:29:49.10	+00:06:46 (22.7%)	4:58	12.1 (77.6%)
50	KIELAR Daniel	68	KRESOWIANIE	M-40	18	00:14:38	00:29:56.35	+00:06:54 (23.1%)	4:59	12 (76.9%)
51	LEŚ Michał	85	SANOK BIEGA	M-30	21	00:13:59	00:29:57.15	+00:06:54 (23.1%)	4:59	12 (76.9%)
52	WAGNER Tomasz	171	KRESOWIANIE	M-30	22	00:14:30	00:30:00.90	+00:06:58 (23.2%)	5:00	12 (76.9%)
53	MITURA Wojtek	107	POZIOMKI	M-40	19	00:14:38	00:30:02.10	+00:06:59 (23.3%)	5:00	12 (76.9%)
54	ŚWIĘCH Anna	167	DZIKIE ŚWINKI	K-40	5	00:14:18	00:30:10.80	+00:07:08 (23.7%)	5:01	11.9 (76.3%)
55	RYBA Piotr	147	DZIKIE ŚWINKI	M-40	20	00:14:18	00:30:10.95	+00:07:08 (23.7%)	5:01	11.9 (76.3%)
56	DUDA Natalia	36	NIEMCE TEAM	K-16	1	00:14:28	00:30:15.10	+00:07:12 (23.8%)	5:02	11.9 (76.3%)
57	HOŁUB Wacław	54	JAROSŁAWSKI BIEGACZ	M-50	6	00:14:28	00:30:30.25	+00:07:28 (24.5%)	5:05	11.8 (75.6%)
58	GWOZDA Grzegorz	50	KRESOWIANIE	M-40	21	00:14:38	00:30:31.10	+00:07:28 (24.5%)	5:05	11.8 (75.6%)
59	ŚNIEŻEK Piotr	166	PRZEMYSKI KLUB BIEGACZA	M-50	7	00:14:39	00:30:37.70	+00:07:35 (24.8%)	5:06	11.8 (75.6%)
60	RĘPAŁSKA Agata	140	DZIKIE ŚWINKI	K-30	2	00:14:48	00:30:44.35	+00:07:42 (25.1%)	5:07	11.7 (75.0%)
61	OCHYRA Karolina	118	SANOK BIEGA	K-16	2	00:15:03	00:30:54.70	+00:07:52 (25.5%)	5:09	11.7 (75.0%)
62	SIENKO Łukasz	152	AKTYWNY DYNÓW	M-30	23	00:14:47	00:30:59.80	+00:07:57 (25.7%)	5:09	11.6 (74.4%)
63	JARACZ Marcin	60		M-40	22	00:14:38	00:31:11.60	+00:08:09 (26.1%)	5:11	11.5 (73.7%)
64	CZAJKA Tomasz	30	DZIKIE MORSY KARŁOWICE	M-40	23	00:14:52	00:31:23.55	+00:08:21 (26.6%)	5:13	11.5 (73.7%)
65	BRZEZICKI Maciej	20	TREC TEAM	M-40	24	00:15:06	00:31:29.00	+00:08:26 (26.8%)	5:14	11.4 (73.1%)
66	TRZONEK Andrzej	170	JGBS	M-50	8	00:15:40	00:31:35.85	+00:08:33 (27.1%)	5:15	11.4 (73.1%)
67	WÓJCICKI Damian	180	AKM PROMILEK	M-30	24	00:15:04	00:31:35.90	+00:08:33 (27.1%)	5:15	11.4 (73.1%)
68	KUBICKI Łukasz	82		M-30	25	00:14:57	00:31:38.40	+00:08:36 (27.2%)	5:16	11.4 (73.1%)
69	WYSKIEL Maciej	182	AKTYWNY DYNÓW	M-40	25	00:15:06	00:31:39.45	+00:08:37 (27.2%)	5:16	11.4 (73.1%)
70	KACZMARSKI Artur	66	KACZMARSKI TEAM	M-40	26	00:15:08	00:31:43.55	+00:08:41 (27.4%)	5:17	11.4 (73.1%)
71	MATERNA Roman	101	RZESZOWSKIE GAZELE I GEPARDY	M-50	9	00:15:45	00:31:47.50	+00:08:45 (27.5%)	5:17	11.3 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
72	TELEGA Robert	169	BLOK_B	M-50	10	00:15:17	00:31:50.80	+00:08:48 (27.7%)	5:18	11.3 (72.4%)
73	OGŁUSZKA Elżbieta	122	RZESZOWSKIE GAZELE I GEPARDY K	K-30	3	00:15:48	00:31:56.00	+00:08:53 (27.9%)	5:19	11.3 (72.4%)
74	NYLEC Tomek	117	DZIKIE ŚWINKI	M-16	3	00:15:47	00:32:10.65	+00:09:08 (28.4%)	5:21	11.2 (71.8%)
75	BOGDAN Jarosław	18		M-40	27	00:14:48	00:32:12.65	+00:09:10 (28.5%)	5:22	11.2 (71.8%)
76	HYDZIK Łukasz	56	KOZACKI TEAM HŁOMCZA	M-40	28	00:15:04	00:32:24.65	+00:09:22 (28.9%)	5:24	11.1 (71.2%)
77	BANASIEWICZ Witold	6	SANOK BIEGA	M-40	29	00:15:38	00:32:36.95	+00:09:34 (29.4%)	5:26	11 (70.5%)
78	RECZKOWSKI Andrzej	190	ATHLETIC ZRĘCIN	M-60+	1	00:15:59	00:32:38.75	+00:09:36 (29.4%)	5:26	11 (70.5%)
79	JARZYŃKA Krzysztof	61	K2	M-50	11	00:16:05	00:32:40.30	+00:09:38 (29.5%)	5:26	11 (70.5%)
80	LEWCZUK Norbert	86	BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM	M-30	26	00:15:47	00:32:43.10	+00:09:40 (29.6%)	5:27	11 (70.5%)
81	ROŚĆ Dawid	144		M-40	30	00:15:51	00:32:49.05	+00:09:46 (29.8%)	5:28	11 (70.5%)
82	NAUKA Edyta	112	DĘBICKIE GEPARDY	K-50	1	00:16:06	00:33:11.70	+00:10:09 (30.6%)	5:31	10.8 (69.2%)
83	JĘDRZEJCZYK Agnieszka	63	RZESZOWSKIE GAZELE I GEPARDY K	K-40	6	00:16:13	00:33:15.95	+00:10:13 (30.7%)	5:32	10.8 (69.2%)
84	KISIELEWICZ Marcin	70	ATHLETIC ZRĘCIN	M-30	27	00:15:36	00:33:26.75	+00:10:24 (31.1%)	5:34	10.8 (69.2%)
85	DRĄG Piotr	35	STALOWOWOLSKI KLUB BIEGACZA	M-30	28	00:16:31	00:33:32.00	+00:10:29 (31.3%)	5:35	10.7 (68.6%)
86	BOCEK Sławomir	17	DZIKIE ŚWINKI	M-40	31	00:15:53	00:33:39.00	+00:10:36 (31.5%)	5:36	10.7 (68.6%)
87	ORLOWSKA Beata	125	STALOWOWOLSKI KLUB BIEGACZA	K-50	2	00:16:22	00:33:40.60	+00:10:38 (31.6%)	5:36	10.7 (68.6%)
88	PLAWGO Marek	194		M-40	32	00:16:58	00:33:45.65	+00:10:43 (31.8%)	5:37	10.7 (68.6%)
89	CELEK Katarzyna	24	RZESZOWSKIE GAZELE I GEPARDY K	K-30	4	00:16:46	00:34:02.95	+00:11:00 (32.3%)	5:40	10.6 (67.9%)
90	KULON Piotr	83		M-30	29	00:15:57	00:34:09.15	+00:11:06 (32.5%)	5:41	10.5 (67.3%)
91	OCHYRA Krzysztof	119		M-50	12	00:15:52	00:34:12.40	+00:11:10 (32.7%)	5:42	10.5 (67.3%)
92	HEJDUK Monika	52	UMCS BIEGA	K-40	7	00:16:38	00:34:41.50	+00:11:39 (33.6%)	5:46	10.4 (66.7%)
93	SIEDLACZEK Zbigniew	151		M-60+	2	00:16:31	00:34:44.50	+00:11:42 (33.7%)	5:47	10.4 (66.7%)
94	MICHNO Małgorzata	104	JAROSŁAWSKI BIEGACZ	K-40	8	00:16:42	00:34:53.45	+00:11:51 (34.0%)	5:48	10.3 (66.0%)
95	ZACNY Łukasz	192	SOLINA TEAM	M-30	30	00:16:24	00:34:56.60	+00:11:54 (34.1%)	5:49	10.3 (66.0%)
96	BERNAŚ Dariusz	12	BSCZADY	M-30	31	00:17:01	00:35:06.85	+00:12:04 (34.4%)	5:51	10.3 (66.0%)
97	WAWRZYŃSKA Wioletta	188		K-50	3	00:16:48	00:35:13.10	+00:12:10 (34.6%)	5:52	10.2 (65.4%)
98	RAGAN Monika	139	WATAHA FIT	K-30	5	00:16:30	00:35:20.95	+00:12:18 (34.8%)	5:53	10.2 (65.4%)
99	BEDNARZ Iwona	11	WATAHA FIT	K-30	6	00:16:47	00:35:28.15	+00:12:25 (35.0%)	5:54	10.2 (65.4%)
100	NAMIOTA Urszula	110	MARATOŃCZYK DĘBICA	K-60+	1	00:16:42	00:35:40.10	+00:12:37 (35.4%)	5:56	10.1 (64.7%)
101	ĆWIAKAŁA Halina	32	ATHLETIC ZRĘCIN	K-40	9	00:16:56	00:35:42.75	+00:12:40 (35.5%)	5:57	10.1 (64.7%)
102	SERAFIN Jacek	150	KGB KORCZYNA	M-50	13	00:16:56	00:35:44.20	+00:12:41 (35.5%)	5:57	10.1 (64.7%)
103	OCZOŚ Przemysław	120		M-40	33	00:17:13	00:35:52.60	+00:12:50 (35.8%)	5:58	10 (64.1%)
104	ROGOWSKA Anna	141	RZESZOWSKIE GAZELE I GEPARDY K	K-40	10	00:17:09	00:35:57.90	+00:12:55 (35.9%)	5:59	10 (64.1%)
105	NAUKA Wiesław	113	DĘBICKIE GEPARDY	M-50	14	00:17:12	00:36:06.55	+00:13:04 (36.2%)	6:01	10 (64.1%)
106	ORŁOWSKI Wojciech	126	STALOWOWOLSKI KLUB BIEGACZA	M-50	15	00:17:12	00:36:14.05	+00:13:11 (36.4%)	6:02	9.9 (63.5%)
107	NAZIEMKOWSKI Bogusław	114		M-40	34	00:16:49	00:36:22.50	+00:13:20 (36.7%)	6:03	9.9 (63.5%)
108	POLAŃSKI Robert	135	NOĆNE WOŁKI	M-40	35	00:17:29	00:36:26.95	+00:13:24 (36.8%)	6:04	9.9 (63.5%)
109	CHMIELEWSKI Krzysztof	26		M-50	16	00:17:03	00:36:27.70	+00:13:25 (36.8%)	6:04	9.9 (63.5%)
110	ZARĘBA Jolanta	183	RZESZOWSKIE GAZELE I GEPARDY K	K-50	4	00:17:28	00:36:32.55	+00:13:30 (37.0%)	6:05	9.9 (63.5%)
111	MAZUR Kinga	102	DĘBICKIE GEPARDY	K-30	7	00:17:37	00:36:44.10	+00:13:41 (37.3%)	6:07	9.8 (62.8%)
112	PASEK Janusz	130	DĘBICKIE GEPARDY	M-50	17	00:17:47	00:36:48.55	+00:13:46 (37.4%)	6:08	9.8 (62.8%)
113	FOLTA Jan	40	DZIKIE ŚWINKI	M-60+	3	00:17:02	00:36:52.90	+00:13:50 (37.5%)	6:08	9.8 (62.8%)
114	SMAGACZ Henryk	153	DĘBICKIE GEPARDY	M-60+	4	00:17:17	00:36:58.25	+00:13:56 (37.7%)	6:09	9.7 (62.2%)
115	MOGILANY Łukasz	108		M-30	32	00:16:48	00:37:03.65	+00:14:01 (37.8%)	6:10	9.7 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
116	WIERZBICKA Anna	175	SIENIAWA	K-30	8	00:17:39	00:37:15.15	+00:14:12 (38.2%)	6:12	9.7 (62.2%)
117	OŻÓG Jacek	129		M-40	36	00:17:43	00:37:15.60	+00:14:13 (38.2%)	6:12	9.7 (62.2%)
118	FIL Hubert	37	JAROSŁAWSKI BIEGACZ	M-16	4	00:17:39	00:37:23.65	+00:14:21 (38.4%)	6:13	9.6 (61.5%)
119	MARUT Wojciech	99		M-30	33	00:17:39	00:38:03.55	+00:15:01 (39.5%)	6:20	9.5 (60.9%)
120	SZCZOTKA Agata	158	JAROSŁAWSKI BIEGACZ	K-40	11	00:17:48	00:38:04.50	+00:15:02 (39.5%)	6:20	9.5 (60.9%)
121	ŁAKOMA Małgorzata	88	KRESOWIANIE	K-30	9	00:18:05	00:38:05.45	+00:15:03 (39.5%)	6:20	9.5 (60.9%)
122	MAJCHROWICZ Marzenna	97		K-40	12	00:18:18	00:38:22.05	+00:15:19 (40.0%)	6:23	9.4 (60.3%)
123	WIATROWICZ Barbara	173	STALOWOWOLSKI KLUB BIEGACZA	K-60+	2	00:18:13	00:38:28.00	+00:15:25 (40.1%)	6:24	9.4 (60.3%)
124	MACIUŁA - KIELAR Monika	95	KRESOWIANIE	K-40	13	00:18:25	00:38:30.85	+00:15:28 (40.2%)	6:25	9.4 (60.3%)
125	NAMIOTA Marek	111		M-60+	5	00:18:25	00:38:33.60	+00:15:31 (40.3%)	6:25	9.3 (59.6%)
126	NOWACZEK Aleksandra	116	MULTIMEDIA RUNNERS PUŁAWY	K-30	10	00:18:19	00:38:35.05	+00:15:32 (40.3%)	6:25	9.3 (59.6%)
127	KORDOWSKA Kasia	75		K-40	14	00:18:44	00:38:43.30	+00:15:41 (40.5%)	6:27	9.3 (59.6%)
128	STEC Iwona	157	RUNISGIRL	K-30	11	00:19:09	00:39:48.05	+00:16:45 (42.1%)	6:38	9 (57.7%)
129	CZERWIŃSKA Małgorzata	31	JUMPING STARS TEAM/PODIUM	K-40	15	00:18:58	00:39:54.50	+00:16:52 (42.3%)	6:39	9 (57.7%)
130	OSYPANKA Daniel	127	PRZEMYSKI KLUB BIEGACZA	M-30	34	00:18:48	00:39:55.50	+00:16:53 (42.3%)	6:39	9 (57.7%)
131	OLEŚ Tomasz	124		M-40	37	00:18:20	00:40:22.15	+00:17:19 (42.9%)	6:43	8.9 (57.1%)
132	FOLTA Anita	39	DZIKIE ŚWINKI	K-50	5	00:18:42	00:40:24.15	+00:17:21 (43.0%)	6:44	8.9 (57.1%)
133	WISZNIEWSKA Marzena	178	DZIKIE MORSY KARŁOWICE	K-30	12	00:19:11	00:40:58.40	+00:17:56 (43.8%)	6:49	8.8 (56.4%)
134	KOWALSKI Sebastian	78		M-30	35	00:19:24	00:41:10.80	+00:18:08 (44.1%)	6:51	8.7 (55.8%)
135	KOWALSKA Joanna	77		K-30	13	00:19:30	00:41:11.50	+00:18:09 (44.1%)	6:51	8.7 (55.8%)
136	ŁĘTOWSKA Marlena	91		K-30	14	00:19:43	00:41:25.40	+00:18:23 (44.4%)	6:54	8.7 (55.8%)
137	SOJA Tomek	155	DZIKIE ŚWINKI	M-50	18	00:19:23	00:41:26.60	+00:18:24 (44.4%)	6:54	8.7 (55.8%)
138	WIERCHOŁA Joanna	174		K-60+	3	00:19:52	00:41:31.35	+00:18:29 (44.5%)	6:55	8.7 (55.8%)
139	MAZUREK Małgorzata	103	AKM PROMILEK	K-40	16	00:19:51	00:41:34.10	+00:18:31 (44.6%)	6:55	8.7 (55.8%)
140	PIETRASIEWICZ Beata	134	KRESOWIANIE	K-16	3	00:19:43	00:41:34.30	+00:18:32 (44.6%)	6:55	8.7 (55.8%)
141	HOŁUB Agata	53	JAROSŁAWSKI BIEGACZ	K-50	6	00:20:05	00:41:57.95	+00:18:55 (45.1%)	6:59	8.6 (55.1%)
142	BURAK Andrzej	189		M-50	19	00:20:15	00:42:18.60	+00:19:16 (45.6%)	7:03	8.5 (54.5%)
143	CZAJKA Renata	29	DZIKIE MORSY KARŁOWICE	K-40	17	00:20:30	00:42:28.65	+00:19:26 (45.8%)	7:04	8.5 (54.5%)
144	MAJCHROWICZ Andrzej	96		M-50	20	00:19:56	00:42:29.90	+00:19:27 (45.8%)	7:04	8.5 (54.5%)
145	MACIEJKO Anna	94	KRESOWIANIE	K-40	18	00:20:32	00:42:35.70	+00:19:33 (45.9%)	7:05	8.5 (54.5%)
146	SZYNAL Halina	161	KRESOWIANIE	K-40	19	00:20:20	00:42:51.75	+00:19:49 (46.3%)	7:08	8.4 (53.8%)
147	TARKOWSKI Dawid	168	PRZEMYSKI KLUB BIEGACZA	M-30	36	00:20:18	00:42:58.75	+00:19:56 (46.4%)	7:09	8.4 (53.8%)
148	CHUDY Paulina	27		K-40	20	00:21:01	00:44:24.85	+00:21:22 (48.1%)	7:24	8.1 (51.9%)
149	BŁUDOW Walery	16		M-60+	6	00:20:55	00:45:23.65	+00:22:21 (49.3%)	7:33	7.9 (50.6%)

Znaleziono 149 wynik(ów)